

# Qwest Foundation for Education

## Competitive Sub-grant Application Assurance Sheet

Project Title: Exercising Writes

Amount of Request: \$9,963.64

District Name: Vallivue School District

Number: #139

Name of Certificated Teacher (or "lead teacher" if more than one): Patricia A. Looney

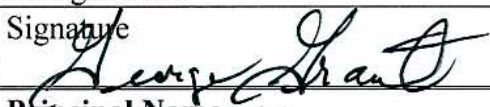


Name of School currently teaching at: Vallivue High School

Years taught in Idaho K-12 public education: 32 years

Content area(s) that you are teaching in Idaho K-12 public education: English /Speech

I certify that if I receive a Qwest Foundation for Education Grant –

- I agree to create a video highlighting my project for the purposes of sharing best practices with other Idaho K-12 teachers.
- I agree to do one presentation on my project to other Idaho K-12 teachers before October 31, 2009.
- I agree to submit an electronic report to the Idaho State Department of Education before October 31, 2009.

<b>Superintendent Name</b> (print)	E-mail	Telephone
George Grant	ggrant@vallivue.org	208-454-0445
Signature 		
<b>Principal Name</b> (print)	E-mail	Telephone
Dick Brulotte	dbrulotte@vallivue.org	208-454-9253
Signature 		
<b>Teacher or Lead Teacher</b> (print)	E-mail	Telephone
Patricia A. Looney	plooney@vallivue.org	208-880-6859
Signature 		

## Abstract:

*Exercising Writes* is an innovative program designed by two Vallivue High School English teachers Rebecca Jordan and Patricia Looney. Vallivue High School is the result of consolidating 13 small rural schools. Since its origin in 1962, our school population has quadrupled in size; the demographics have changed from farmland to subdivision; and the numbers of students receiving free and reduced lunch indicate a decline in economic status of our constituents.

Newspapers flash headlines dealing with the failure of Idaho schools to meet the required ISAT scores and with the increase in students who lack physical fitness.

*Exercising Writes* addresses both of these issues.

*Exercising Writes* is a program to put Treadmill Desks in two English classrooms. A Treadmill Desk is cutting edge innovation of Dr. Levine of the Mayo Clinic, which blends a treadmill and a computer. A student will walk on the treadmill while working on the computer. Students will be creating documents as well as viewing student generated curriculum documents while walking on a treadmill. Dr. Levine's model costs approximately \$4,500. Research and the help of VHS woodshop teacher, Jeff Fleshman, have provided a low cost model, which will be equally productive.

Lack of student focus is a major challenge in education. The ability to have the student walk while working on the computer will greatly increase concentration. Student-created-documents will be used while students are *exercising their writes*. Using the Treadmill Desks will be cutting-edge technology, which will allow students to develop both mind and body.

This project will focus on students' need to be involved in their learning using the technology they cherish. Cell phones and iPods are as necessary to a teenager as their fad clothing. When students learn that their work will be posted and published they take greater pride in improving the end result. Students will be allowed to text message lessons while *exercising their writes*. "Walkers" will view student created documents, PowerPoints, videos and other curriculum related resources. Increased motivation to prepare for assessments will result in improved student scores.

The Treadmill Desks will be of special benefit for students with special needs. Not only will it provide additional needed computers, but also it will allow for students to work on coordination skills. Taking a student for a walk is an often used technique to calm nervousness and to allow a student to regain composure and focus. To do so requires that a teacher or aide accompany the student. With the Treadmill Desk, a teacher will be able to have a student accomplish these goals without leaving the classroom.

This innovative program will provide the opportunity to apply the benefits of the Treadmill Desk to VHS classrooms. We are changing the structure of the classroom. We are giving students the opportunity to *Exercise Writes*.



### ***Current Technology Usage in the Classroom of Patricia Looney***

In 1986, I received a grant for my school's first classroom computer- 64 K. It modernized my teaching and the motivation of my students was intriguing. In 1995, I was involved in a grant, which brought cable programs to the classroom. Students and teachers used this for current events and it was the precursor to bringing the Internet into the Vallivue High School classrooms.

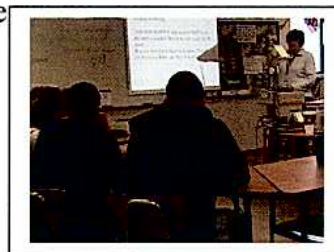
In 2001, I was selected to be 1 of 16 Idaho ***Teaching With Technology*** Fellows, which was a grant provided by the Albertson Foundation. During this year of sabbatical, I traveled to Idaho schools and worked with teachers implementing technology in their classrooms. I presented numerous workshops in and out of state. Upon the completion of my year as a fellow, the Albertson foundation provided me with over \$75,000 worth of technology, including a **SmartBoard**, 15 laptop **computers**, **digital camera**, media card reader, **color printer** and Classroom Performance System, known as the **Blue Clickers**.

In 2004-6, I worked with the Federal T-3 grant which had high school teachers work with college professors to study what makes good teaching and how technology should be used to motivate students and improve learning. Teachers from Vallivue School District worked with pre-service teachers and professors from NNU. We also combined with 9 other educational teams from every part of the United States and meet at Evergreen State College to work on educational reform for two weeks in the summers of 2004 and 2006.

During these two years my students and I worked with the Gen Y programs. Gen Y was a program where students at high schools worked with teachers to create programs to help with teaching. My students created curriculum **PowerPoints** for numerous disciplines, taught teachers how to video class presentations and burn discs. During this time-period, I added the use of **Internet based instruction** to my repertoire of teaching. We worked with programs such as Chalkboard, which eventually evolved into the program which Vallivue School District currently uses called **Moodle**. This program allows for students to have access to class documents, study guides, curriculum calendar and other resources on the Internet. Students, parents, and teachers can access this program on the **Internet** and students can download assignments to the site. When students are completing group work such as **PowerPoint** presentations or **Word** documents, they have the ability to work solo at home, but together on-line. Teachers can access student work at home or at school-anywhere the Internet is available.

### ***Technology is use in the classroom of Rebecca Jordan***

Currently I have been borrowing (when available) a projector and Air Liner, a wireless slate, because I recognize the merits of increased student learning by being able to enhance classroom presentation, instruction, and practice of the concepts taught in Language! (District adopted curriculum for remediation in reading and written language.) Students practice the skills of sorting and categorizing in **Sortegoies**, a game like enhancement tool purchased by the district. Students use the Airliner to interact with the curriculum. Students and I create PowerPoints using the camera/recorder to tape students acting out both the literal and figurative language of idioms. I have found that when students are actively involved in creating, they learn more and retain it longer.





## Innovations currently used to improve student performance



This is an example of how technology is used in my classroom. Notice that students are using the CPS (Blue Clickers) to answer a student-generated Affix test. Test is being shown on the **SmartBoard**. Groups of students created PowerPoint slides containing questions of this semester's curriculum objectives of Latin roots, suffixes and prefixes.

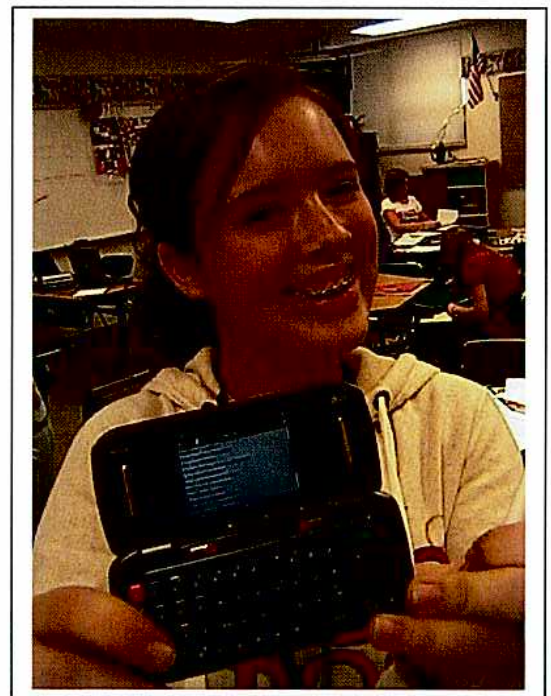
Group presentations become competitive in that students take pride in creating learning situations that appeal to their peers and earn "best in class."

Students use laptops for both individual and group work. Created projects and documents are to be uploaded to Moodle. Moodle is the course management system designed to help create effective online learning situations. Internet access is all that is needed to get to class documents and assignments can be uploaded from home.



Modern day students love IPODS. This year I instigated a program of letting students use iPods as their notebook. It is amazing the motivation of students to use their toys as tools of learning. Years ago, I would have students create flash cards to help with memorization. This school year, students are using their cell phones and IPODS and test results show an increase.

Jordan and Looney coordinate curriculum for both Special Ed. and regular English classes.





Here's an idea for you if you really want to move the educational classroom to the 21<sup>st</sup> century- combine exercise and learning. Combine peddling and pedagogy to arrive at a performance based destination of increased student motivation. Combine walking while working on the computer to entice students to exercise both brain and body while preparing for mandated tests.

**Exercising Writes** is a program to implement three Treadmill Desks into each of the classrooms of Patricia Looney, English teacher and Rebecca Jordan, Special Needs teacher. Student created documents which highlight the skills needed to pass required tests such as ACT, ISAT, and EOC (End of Course assessment) will be uploaded to the Treadmill Desks.

Treadmill Desks were invented and studied by Dr. Levine of the Mayo Clinic. Thousands have been installed in offices across the United States. Levine studies indicate that workers increased productivity, plus have added benefits of improving physical fitness.

The cost of the Levine Treadmill Desk is \$4,500. We have researched specifications and the VHS woodshop teacher is willing to duplicate it for much less.



Every successful grant in which we have participated is the direct result of associating with experts in the field, unifying district support, and placing emphasis on student learning. For this grant we have connected with two incredible experts: Troy McClain, TV personality of HGTV, *The Apprentice*, local businessman and entrepreneur, and Dr. Mary Gerase, Education Director of the 2009 Special Olympics.

Troy McClain is a firm believer in using exercise to gain student focus- a practice he utilized while working with various boxing clubs. Upon VHS receiving this grant, McClain, has volunteered to come to VHS to give a speech on topic of motivation and physical fitness. He has agreed to be in the video highlighting this project. Several of Troy McClain's motivational DVDs will be available to students using the Treadmill Desks.

Concerning this grant, Dr. Mary Gerase wrote the following: "There are numerous studies on the positive effects of physical movement on brain function, attention span, ability to focus and ultimately student achievement. So what is wrong with this picture? Idaho removed physical education as a graduation requirement at a time when the national rates of juvenile onset diabetes and childhood obesity are skyrocketing. Couple this fact with another....the tendency of educators to deliver required curriculum through mostly sedentary classroom strategies even though the majority of students in their class are kinesthetic learners. And yet another fact...the incidence of students identified as having learning challenges, such as ADD and ADHD is on the rise, and yet our teaching strategies have not changed significantly to reflect our changing student needs.

The complexion of our classrooms is changing. The health, physical, and psychological needs of our school aged population are at least as great as their intellectual needs. To incorporate more active learning strategies that contribute to increased student achievement and at the same time increase physical fitness in my estimation, is a win/ win proposition."



Special education studies indicate that at times a student needs to “take a walk” to calm down, to regain the ability to focus. Such a walk requires that a teacher or teacher’s aide must accompany the student. Due to increased student-to-teacher ratios it is not always possible to have an adult leave the classroom with the student. Having a Treadmill Desk in the classroom would meet this need.

- \* The feasibility of this project is evident in the data collected by the Mayo Clinic. **Treadmill Desks work in business and they will work in our classroom setting.** VHS will use the Mayo Clinic Research Analysis template to accumulate data on the effectiveness of the Treadmill Desks. Individual scores, class improvement on EOC assessments will be tallied. Students will record data as to personal increase in scores. Students will also journal as to the benefits which they derive from this innovative program. Results will be made public for students, parents, and school officials.

It is anticipated that intrinsic student motivation will drastically increase due to the fact that students love to use cell phones and iPods. Positive results will be shared with the School Improvement Committee for possible implementation in additional classrooms.

*Exercising Writes* has united technical support personnel, physical education teachers, woodshop teacher, English and Special Education teachers as well as achieving the support of district administration.

Our research has indicated a couple of challenges to implementing this program. One would be locating space in the classrooms for the treadmills. We are using the same space requirements and regulations as the physical education department uses for their treadmills. The second concern is that of noise. Although most students are accustomed to peripheral noise and are quite able to function without impairment, some adjustment may be needed for certain students. Again, we will refer to the specifications of Dr. Levine.

*Exercising Writes* is an innovative program which will change the *look* and *feel* of the classroom. It addresses the need of students to be motivated to learn. Sleeping in class will not happen when a student is on the Treadmill Desk. *Exercising Writes* addresses the need of students to improve assessment scores. One of the lowest performing groups on standardized test is our Special Education students. Students will be able to use the computer and SmartBoard to view programs and documents which other students have prepared. *Exercising Writes* addresses the need of students to increase physical activity-writing and walking together.

***Budget Narrative***

VHS will implement the innovative technology, Treadmill Desks. Students will increase assessment scores with additional test preparations by *Exercising Writes*. Students will be able to walk to calm down, motivate and help create the body/mind interactions without losing instructional time.

Three treadmill desks will be in Jordan's room and 3 treadmill desks will be in Looney's room. The woodshop class at the high school is going to make the laptop tray without labor costs. This creates a Treadmill Desk from an ordinary treadmill when the laptop tray is placed on the treadmill rather than the Dr. Levine's model which costs approximately \$4,500.00. Our cost will be \$1,069.99 per unit.

Wireless Access Terminal will allow access to the Internet and electricity without the cumbersome wires for Jordan which are currently taped to the floor.

The ceiling mounted projector will allow the Internet cords to come through the ceiling rather than the cords being taped to the floor which is currently the situation in Jordan's room.

Jordan is at a great disadvantage being in a room without a SmartBoard and access to Moodle. It is necessary for the success of *Exercising Writes* that students at Treadmill Desks be able to compare documents from the SmartBoard to their documents. With SmartBoards student have higher engagement and productivity.



## Exercising Writes

Jordan/Looney Budget/Narrative

Product/Activity	Description	Qty.	Unit Price	Extended Price
Treadmill	16X65X 52" H Treadmill	6	449.99	2699.94
<ul style="list-style-type: none"> <li>Students will increase assessment scores with additional test preparations by <i>Exercising Writes</i></li> <li>Students will be able to walk to calm down, motivate and help create the body/mind interactions without loosing instructional time</li> <li>6 treadmill desks (3 Looney, 3 Jordan)</li> </ul>				
Laptop trays	Materials to make tray to hold the laptop on the treadmill	6	120.00	720.00
<ul style="list-style-type: none"> <li>Woodshop class at the high school is making these without labor cost</li> <li>This creates a treadmill desk from an ordinary treadmill when the laptop tray is placed on the treadmill</li> </ul>				
Wireless Laptop	Wireless Laptop	6	500.00	3000.00
<ul style="list-style-type: none"> <li>6 treadmill/laptop treadmill desks (3 Looney, 3 Jordan)</li> </ul>				
Wireless Access terminal	Wireless Access Terminal	1	76.00	76.00
<ul style="list-style-type: none"> <li>This will allow access to the Internet without the cumbersome wires for Jordan</li> </ul>				
Panasonic PT-LB75U	Ultra Portable 2600 XGA Data/video w/loop 1 year warranty on Replacement lamp, 3 year Warranty and 3 Year loaner program	1	915.00	915.00
<ul style="list-style-type: none"> <li>The projector will allow the cords to come through the ceiling rather than the cords being taped to the floor which is currently the situation in Jordan's room</li> </ul>				
Smart SB680	77" diagonal Interactive Whiteboard	1	1,399.00	1,399.00
<ul style="list-style-type: none"> <li>Jordan is at a great disadvantage being in a room without a SmartBoard and access to Moodle</li> </ul>				
Smart USB-XT	16'USB Extension Cable	2	20.00	40.00
Chief FPA-U	Universal Projector Mount	1	140.00	140.00
Chief CMA-440	Suspended Ceiling Mount	1	100.00	100.00
Extron 60-046-03	P2DA2 Amplifier	1	79.00	79.00
DPI-Misc Materials	Misc Installation Materials	1	70.00	70.00
DPI-cable	VGA, Video, and Audio Cable	1	225.00	225.00
DPI-Labor	Installation Labor	1	500.00	500.00
<ul style="list-style-type: none"> <li>The SmartBoard allows the interaction of the students and teacher with presentations and the endless whiteboard feature</li> <li>It is compatible with the Airliner, the wireless slate that is currently being used in Jordan's room</li> </ul>				
<b>TOTAL</b>			<b>4593.99</b>	<b>9963.94</b>